

ABSTRACT

An antifatigue composition by which muscular fatigue or the like during or after exercise can be reduced, is obtained by incorporating an imidazole compound obtainable from extracts of fishes, shellfishes, fowl, flesh or the like, as an active ingredient. In the antifatigue composition, the imidazole compound is preferably at least one selected from the group consisting of histidine, anserine, carnosine and valenine, and salts thereof. It is further preferred to contain D-ribose as an active ingredient.

By orally ingesting the antifatigue composition of the present invention, the lactic acid amount in plasma during or after exercise can be kept low, and therefore the fatigue of muscles by exercise can be controlled, and as a result, effects for improving the ability of exercise can be expected.